Creative Flow Workshop
Residential Retreat

2005 Website Program Description

Creative Flow is designed to explore the rich and exciting realms of creative consciousness, using Hemi-Sync® audio exercises, hands-on "studio" sessions, group sharing and support, and multi-media presentations. It is for non-artists and artists alike.

Creativity is the magic of our universe. It shapes our lives, enriches our souls and helps manifest our dreams. The very word elicits a variety of emotions for many of us; a longing to be creative, awe for those who are, and a deep knowing that we once were as children, and still are deep within! There are many stages of the creative process to explore and an infinite number of ways to express that creativity. Reawaken that part of yourself that longs to live a more enriched, flowing and truly creative life!

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the written and spoken word,
music
dance
photography, video
painting, drawing, sculpture
and computer-generated art

Goals of the Workshop:

To develop a deeper trust in one’s inherent creativity.
To allow imagination, instinct and inquiry to act as guidance.
To tap creative impulses and act on them.
To express one’s true essence in a unique and satisfying way.
To approach problem solving with inspiration.
To experience that optimal state called “Flow”.

The Workshop's trainer, Patricia "Macca" Peters is a Residential Trainer at The Monroe Institute. She holds a Master of Fine Arts degree from Indiana University. She is a Graduate of the Barbara Brennan School of Healing, as well as their Teacher Training Program.